



## Armada Network 3K Winter Series

(UKA license TBC)

Do you want to get faster, or just complete the distance for the first time? This event is for you. All abilities are welcome from top athletes to beginners.

We are once again putting on a series of 3K races throughout the winter months over a measured accurate traffic free 3km (approx 2 miles) course in Central Park Plymouth.

Race dates:    Wednesday 10<sup>th</sup> October 2018  
                    Wednesday 14<sup>th</sup> November 2018  
                    Wednesday 12<sup>th</sup> December 2018  
                    Wednesday 9<sup>th</sup> January 2019  
                    Wednesday 13<sup>th</sup> February 2019  
                    Wednesday 13<sup>th</sup> March 2019

Run will start at 7pm (please register by 6.30pm)

Registration and changing at the Life Centre Centre,  
Central Park, Plymouth

Entry fees are just £2.50 for all runners. There are no prizes or medals.

All entries on the night – no pre entry.  
Min age 11 years (on the day)

For further details call Keith Reed, on 01752 893573 or  
07934373943